

Updates for the week of July 26th, 2004

Tools

- You may find useful tips on eating healthier meals, guidelines to realistic weight reduction, fun ways to exercise and much more by visiting [:http://www.pinellaswellness.com/](http://www.pinellaswellness.com/)
- A great Steps communities resource for addressing Asthma Risk in multiple settings can be found at: [steps/publications/ATSGuidelines.pdf](#)

Training

- **REMINDER!** The dates of the Stata classroom training has been changed to Monday and Tuesday August 30th- 31st at The Learning Center located at 6300 Linderson Way, Tumwater, Washington 98501. Phone: 360.586.7900. Please visit the [August events calendar](#) for contact information and details.

Conference

Information/Update

- The regular date and time for the Community Conference Calls has changed. Our new standing time is every other Wednesday at 11:00am. Our next call will be Wednesday, July 28 at 11:00am.
- Take a Loved One to the Doctor Day! This is part of a national campaign by the U.S. Department of Health and Human Services (DHHS), that focuses on the health gap between racial and ethnic minorities and the general population. The campaign, Closing the Health Gap, was launched November 19, 2001. Take A Loved One to the Doctor Day encourages individuals to see a health care professional on September 21, 2004, or make an appointment for the near future. For more information please visit: <http://www.healthgap.omhrc.gov/2004drday.htm>
- **REMINDER!** For those of you who missed the July 13th conference on Asthma Screening and case detection you may view the PowerPoint presentation by [clicking here](#). As a follow up to the conference you may view [steps/publications/Screening_costs.pdf](#) which addresses the related costs of screening and receive a printable publication of the article by clicking on the following link: [steps/publications/Population Based Screening.PDF](#)